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Healthy Earth – healthy people

by Wayne Wadsworth

An intensive food and fertility system is in the making at 7 Sibley Street as a part of the overall push to make the site into a model for urban agriculture and sustainability.

The small site is designed to demonstrate how to produce a lot of food in a small area using the principles of permaculture, zero waste and recycling of water and waste assets.

Aquaponics

Water pumps from the bottom tank to the top tank, the top tank overflows into the pipes full of nutrient-rich water from fish poo.

A small biochar system converts nitrites to nitrates so that the plants in the pipes are fertilised, the plants strip the nutrients from the water which flows to the bottom tank, then the cleaned water is pumped back to the top tank, keeping the fish healthy.

The system has three types of water life, fish, red claw crayfish and snails, all edible. The fish eat the aquatic plant seeds and tomatoes grown in the system. We eat the plants and give back some of the plants to the marine life.

Wicki Bed

The Wicki Bed works by using the power of water to move uphill. It is like a wick in a candle.

The bottom of the tank has 150mm of gravel in it, then a weed barrier, then 50mm of sand. A hole is drilled at the top level of the sand. Then 300mm of sandy soil is placed into the sand layer.

The sandy soil sits on a thin layer of sand and water, and the water wicks up through the sandy soil medium.

The plants get their roots into the wet area of the Wicki Bed and grow amazingly fast and strong. It is an excellent system for watermelon, pumpkins, tomatoes and



Wwoofers Mia-Myia and Paula building the Wicki Bed

any plants that like constant supply of moisture.

To water, simply water the top until the water flows out the overflow pipe, which water the comfrey which

feeds the liquid fertiliser system which feeds the plants.

Liquid fertiliser system
Organic waste and weeds are fermented with molasses and sugars to create a very good organic liquid fertiliser.

The main plants we use are water hyacinth from the aquaponics and comfrey grown round the systems and weeds.

One of the key elements in this system is sea minerals, which keep the marine life healthy and happy and mineralise the plants that we eat. Like Mother nature, everything is recycled, reborn and renewed.

The project is proudly sponsored by Nimbin Environment Centre, Nimbin Hemp Embassy, Nimbin Neighbourhood Centre and Earth Repair Networks (ERN).

For more info visit:
earthrepairnetworks.org or phone Wadzy 0407-895-569.

Jayne's tax time tips

by Jayne Alleman, Nimbin Numbers

Group certificates

With the establishment of STP (Single Touch Payroll) around the country, Group Certificates are no longer issued to employees.

The information is available on your MYGOV ID or your tax agent can download your information from the Tax Portal. Your tax agent can access your employment income as well as HECS debts, health insurance details and interest income.

If you lose your receipts, keep a diary (has to be a proper one with month, date and day printed on them), because this is a legally recognised receipt with the ATO.

Obviously the employee can't use this as their only proof of payment, but it covers employees for those receipts that get blown out of the car window, forget to get a receipt or the spouse burns them (by accident).

Just note for that day, place of purchase, what one has purchased and the amount. It is also extremely handy for claiming things like extra laundry which is explained further on in this article.

Car expenses

You can only claim car travel for work if you receive a travel allowance unless:

1. your employer writes a letter stating that the employee has used their car for work;
2. The employee has to use their car to carry bulky tools (ladder, chainsaw etc) and keeps a three-month log book;
3. The employee has to carry tools of the trade considered dangerous on public transport (butchers' knives etc.)

If an employee can claim car travel, then it is a very good idea to keep a travel diary. This allows your tax agent to calculate the percentage of car use for work and then the employee can claim that percentage of their petrol, registration, insurance, repairs and maintenance.

Travel expenses

Claimable for an employee incurred

whilst performing their work duties include (keep receipts or diary):

1. Taxi, bus, tram, parking, tolls, leased car or short-term hired cars;
2. Accommodation and incidentals (bedding, toiletries).

Clothing

Claimed can be:

1. Protective (heavy duty shirts and pants, hats, boots, socks, overalls, smocks, aprons, non-slip shoes, safety hi-viz clothing, nurses' stockings, sunglasses if your employment takes you into the sun, safety glasses, sunscreen);
2. Occupation specific (e.g. chefs' pants)

Laundry

Can be claimed at 50c per load if washed with other clothing, or \$1 per load if it is only work clothes. I recommend that anyone who has to wash their clothes a lot keeps a note in their diary.

Just a tick will do, those ticks can add up to a \$365 deduction if one is a nurse or an employee who works in a particular dirty job. Dry cleaning work clothes can also be claimed.

Education expenses

If an employee is studying a topic that is directly related to their employment at TAFE or university, they can claim travel, textbooks, stationery, a component of their internet fees, depreciation on their computer/laptop (as long as they are three years or younger), telephone calls, workshops, meals or fees incurred by workshops. Again, one needs to keep a diary, listing place, time and the amount

Other items

A percentage of the following if you use them for work: telephone, internet fees, car travel, leased/hire cars, depreciation on work equipment (computers, ladders, chainsaws, iPhones, tablets, iPads, tools etc.)

This is a basic list of deductions, and I recommend everyone uses a tax agent because there are a host of other things that get you your tax dollars back that a tax agent does e.g. rebate calculations for health care, workplace

zones, low income. There are also tax laws regarding taxation for residential purposes which are too complicated for this article.

Tax is not frightening as long as one keeps their receipts and their diary.

Wages, contractors and subcontractors

Just to clarify, contractors are only considered permanent or part-time if they work on a regular basis. The normal regular contractor's payments are not processed through the payroll and neither are they on a PAYG system.

They must look after themselves and declare their income via their tax returns. They must pay super on payments made to them as they are considered regular contractors and fall under the super legislation.

Wages

These are paid to a person who has regular shifts on regular days and they must be processed through the PAYG system. You have to deduct tax from their wages whether they are permanent, part-time or casual.

Permanent and part-time workers are entitled to sick-leave and annual leave pro rata with leave loading. (usually accrues at three hours per 38 hours worked).

These are included in the casual rate and casuals are not entitled to sick or annual pay. All of them are entitled to long service leave, including casuals. Employees who earn under a \$450 per month are not entitled to superannuation, and often this means no tax either unless they earn it all in one go and then they would have to pay PAYG.

Subcontractors

These are people who work for you on an ad hoc basis, a few hours here, a few hours there, and are classified as subcontractors and are not regular and you do not have to pay PAYG or super for them.

Contractors and subcontractors are supposed to invoice you with their ABN before you pay them.



Jayne E. Alleman

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Nimbin Aquarius contribution to Harmonic Convergence

by Benny Zable, president,
Nimbin Aquarius Foundation

The first Harmonic Convergence was 33 years ago on 16-17th August, 1987. This was said to be the first synchronised Global Peace Meditation in human history.

The event was organised by José and Lloydine Argüelles, co-founders of the 13-Moon Calendar Change Peace Movement. It was based on the prophecies and teachings of the ancient Mayan calendar. At Wollumbin/Mount Warning, local indigenous elders met with Hopi Indian visitors.

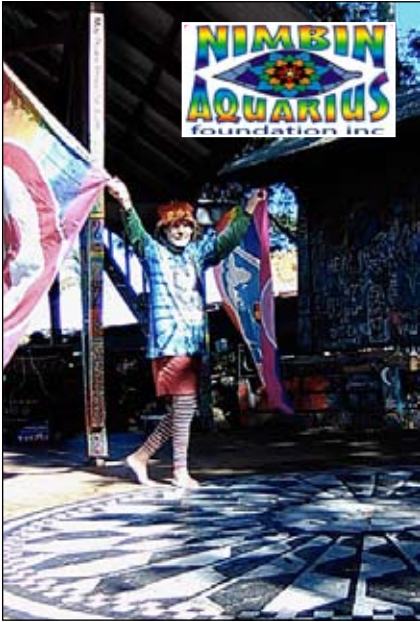
After completing a mural at the Arabanna Community Centre, Maree SA, I drove to join a planned rendezvous for meditation and sharing with visitors from around the world at the Yulara visitors lookout, and the next day at Uluru/Ayers Rock, led by the late and great legendary aboriginal activist, leader, actor, historian and events organiser Burnum Burnum.

The following year Burnum Burnum went on to plant the Aboriginal flag on the white cliffs of Dover during the height of the Bi-centenary protests in Sydney on 26th January 1988 to declare possession of England.

Different from the invaders, he declared: "We will teach you how to have a spiritual relationship with the Earth and show you how to get bush tucker."

The full declaration can be found at: https://upload.wikimedia.org/wikipedia/commons/b/b1/Burnum_burnum_declaration.jpg

José Argüelles years later came directly to visit Nimbin soon after he successfully planted a World Peace



Benny performs a flag dance in Nimbin for the 2020 Harmonic Convergence

Prayer Society peace pole in the centre of Baghdad during the height of the Iraqi war. See: <https://www.worldpeace.org>

In Nimbin we have planted a number of peace poles. The one that was knocked down in the skateboard park, was re-positioned outside the Nimbin Aquarius Foundation Inc. office. A couple of May Peace Prevail on Earth peace pole panels are attached to the shelter in Allsopp Park facing the IMAGINE mandala.

The virtual 2020 experimental gathering was organised to coincide with a planetary line-up with a comet fly-by that was visible throughout the world in the early morning skies during that time.

This Harmonic Convergence on 5th-14th July is the brain-child of Mark Sims, a serial entrepreneur, computer scientist, engineer, and author.

Sims created the event with the intention for humanity to find greater coherence and a stronger connection (with the universe planetary activities in mind), to inspire creative action to assist our world transitioning from the current state of confusion and chaos to one of unconditional love and planetary coherence as each one of us embraces states of consciousness locally and globally for renewed energy and insight, towards enabling healing in the mind body and the Earth.

People taking part were indigenous elders, evolutionary and spiritual leaders, ancient history scholars, extraterrestrial researchers, and musicians, giving on-line daily meditations, talks, music, to help humanity take another step towards realising our intrinsic connection with all life and right action as planetary stewards.

On Saturday 13th July in Nimbin, I participated with some flag dancing around the IMAGINE mandala in Allsopp Park with Art in the Park organiser Dell Bell and musical friends, and posted some filmed clips taken of the dance to the Californian organisers through their Facebook page.

I have noticed that in spite of the Covid-19 pandemic, Nimbin is bustling with tourists. The way things are going, it is advisable to be ever more mindful and be aware of physical distancing guidelines and mask up rather than risk being sorry later.

May the long time sun shine upon you.



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Country Labor for country communities

Standing strong – standing together

by Diana Gosper

So far in 2020 we have had climate induced drought, bushfires, floods, and now we are looking at a potential recession due to the pandemic.

It can be hard to fathom how we navigate the future in such rocky times, but if we follow our main ethos... it really all comes back to the environment, our love for the planet and desire to protect it. That's why we love why and where we work.

If home is where the heart is, then for many Rainbow Power Company (RPC) is the heart and home of Nimbin.

While many of us have worked from home, our little team has fragmented, but our RPC heart has continued to beat regardless, and now most are back at their desks, invigorated by extra family time, home schooling and



home projects, solar upgrades, renovations, doing fire breaks and fuel/hazard reduction around houses, and learning new technologies and ways of communicating and working from home, which was and is a curve ball to some of the luddites among us.

And although we might have a few luddites, we need and love them as they are; the sum of our parts is where we shine at RPC – hundreds of

years of combined knowledge. So what have we been doing these last months? We have revamped our showroom and the phones have been going crazy. We have never been more under the pump manufacturing, designing and selling systems and major components.

Something selling like solar hotcakes at the moment are our various DIY off-grid kits, and we even had time to make

a little video about it online at our new YouTube channel.

Also kicking goals are our overseas projects; in Kiribati and Fiji. We are putting solar power systems in some of the most remote places in the world, giving basic light, water and emergency power to isolated and impoverished regions.

We think (and act) globally and locally and hope to do our part for our much loved community as well; along with our Living with Solar workshops, we have our new Terry McGovern apprenticeship program, to add to the many local initiatives we proudly sponsor.

Rainbow Power Company are here to stay – 33 years and counting. RPC showroom is now open (to limited numbers), so come down and switch to solar today.

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Koalas threatened by flagrant logging breaches

After finding further logging breaches in Wild Cattle Creek State Forest, the North East Forest Alliance (NEFA) is calling on Environment Minister Matt Kean to protect this important koala habitat from further logging.

On 26th July, Environment Minister Matt Kean claimed he wanted to see koala populations doubled by 2050: "Koalas are the most iconic example of our mismanagement of the environment and we've got to say 'enough is enough'."

NEFA also demands that the EPA prosecutes the Forestry Corporation for flagrantly breaking the new logging rules.

The EPA imposed a Stop Work Order over three compartments in Wild Cattle Creek State Forest near Cascade on the Dorrigo plateau on 18th July, nine days after they found the Forestry Corporation had illegally logged two giant trees.

A brief audit by NEFA on the afternoon of 28th July found a further 12 breaches of the logging rules, comprising two more felled giant trees, with reckless damage to four giant hollow-bearing trees and six koala feed trees.



Hollow-bearing Blue Gum 158cm diameter with extensive machinery damage to roots and trunk, threatening the tree's longevity.

NEFA spokesperson Dailan Pugh said, "These massive awe-inspiring trees are the height of 10-storey buildings and

300-500 years old. They provide the large hollows that many of our iconic animals depend upon for dens and nests. They predate European settlement of Australia, yet the Forestry Corporation are recklessly felling and damaging them. This has to be stopped."

In 2017, the Office of Environment and Heritage identified the logging area as part of the largest cluster of resident koala populations on the Dorrigo Plateau.

Last year the Department of Planning Industry and Environment identified the area for protection to "provide a feasible and strategic balance between increasing protections for koalas, while minimising impact to forestry operations".

The 10 koala feed trees per hectare the Forestry Corporation is required to retain, Mr Pugh said, "are only 40% of the number recommended by the Expert Fauna Panel and the EPA, and even these they are recklessly and carelessly damaging."

"Premier, enough is enough. Time to stump up, Minister Kean," Mr. Pugh said.

The difference between a legal system and a fantasy novel

by Aidan Ricketts

There's something about 2020 and the pandemic that has many people turning into more extreme versions of their weirder selves.

In my last column (June) I wrote about the difference between conspiracy theories and an awareness of plain old garden variety corruption.

Unfortunately, the prevalence of the former (conspiracy theories) provides ample cover for the ongoing corrupt activities of the latter.

With the alarming second wave outbreak of Covid-19 in Victoria and the realisation that masks as well as lockdowns are useful tools in restricting the spread of infection, we are witnessing a surge in social media posting of so-called 'sovereign citizen' fantasies.

Now before I go any further, there is a real sovereignty dispute in Australia between the First Nations Peoples and the legal system that was imposed with colonisation. It is real, it is unresolved and sovereignty was never ceded.

Black lives certainly matter and Australia has an appalling record in our treatment of our First Nations Peoples that we all need to be aware of and committed to redressing.

The existence of faux sovereignty theories however serves to distract attention from the real issue of First Nations sovereignty. So I aim to have a small attempt at unpacking the flaws in the (mostly white) sovereign citizen movements that we keep seeing on social media.

There are several variants and they have been doing the rounds for years, but they all have a few things in common. Invariably they aim to provide individuals with personal immunity to having the law apply to them. Whether this means they think they can

refuse to wear masks, register vehicles, pay tax or whatever, it is always a hyper-individualist "your laws don't apply to me" type of argument.

The 'research' invariably involves very selective resort to real or imagined ancient legal texts that supposedly have a higher lineage than the laws passed by our parliaments.

The varieties I have encountered include ideas that the Magna Carta, Common Law, Admiralty law, or more recently corporations or contract law have some secrets hidden within them capable of unravelling the current legal order.

Usually also they will tell you that there are magic words (incantations) that you can say to law enforcement officers that will make their powers disappear in a puff of perfect legal logic. Words like, "I don't understand", "I don't consent", "I don't consent to your contract", or "I don't have a name, I am a sovereign citizen" or whatever the latest version might be.

As a law lecturer and as someone who has specialised in constitutional law, I have some insights about our legal system that may come as a surprise to many. It's not a fantasy novel. It's a system of power.

It's not Lord of the Rings, there isn't a magic ring of power that holds the whole system together, you aren't Frodo and there's no magic moment where the spell is broken and the system falls away.

What is ironic about these so-called sovereign citizen raves is that they actually hold the legal system in naively high regard. Despite appearing to challenge the system, they are actually predicated on the assumption that the legal system has such immutable internal logic and moral integrity that the mere revealing of a fundamental flaw will cause it to voluntarily

disband itself. This is the fantasy novel aspect.

Legal systems are not based on pure logic or morality; they are based on power. Power that defines its own legitimacy for itself and is very flexible in maintaining and replicating that power.

Most legal systems have their origins in some historic event in which power was seized violently and often unlawfully. The British monarchy has a violent history (this isn't Lion King): Australia was violently invaded and colonised under a deliberate fiction called Terra Nullius. The USA was founded in a revolution that was clearly illegal under the pre-existing British Law. I could go on and list hundreds of examples of modern regimes and their murky beginnings.

There is a long line of legal cases within the British common law tradition that provide commentary on when an unlawful seizure of power will be recognised as valid by the courts, once a new legal order emerges. Even if the Courts won't recognise you, eventually other countries will and you'll become the recognised government.

Even where you do manage to reveal a defect in a legal system, the courts are able to either ignore it or retrospectively ratify whatever has been done on the basis of it. In Australia in the Mabo case, the Court accepted that the doctrine of Terra Nullius was a falsehood, but in their own words they still refused to 'fracture the skeleton' of Australia's system of law.

In another case, the Governor-General of the Solomon Islands had been ineligible for appointment but had nonetheless been there for several years assenting to legislation. Was the legislation all invalid? Well potentially, until the court simply retrospectively ratified it (Nori 1989).

Legal orders do ultimately need some kind of acceptance by the population, and that usually involves some kind of legitimating story for the legal order. Sometimes by reference to religion, sometimes by lineage (monarchy), but for Australia by reference to the ideas of democracy and the rule of law.

The law may be an organised system of violence, sustained by a legitimating narrative, but as a citizen you are still entitled to accept that it is preferable to an unorganised system of violence, or a differently organised one.

Regimes do eventually fail when they lose the confidence of the population on a grand scale, but the risks are great. If most people think that that our system of elections, parliaments and courts is possibly flawed but practically "too big to fail", then that's probably enough to ensure substantial routine compliance into the foreseeable future.

Of course you have the inalienable right to resist and disobey, but you may just find that there are consequences. When we engage in non-violent civil disobedience we are asserting our right to disobey, but we are also realistic enough to know that this is the current framework that we have to work within. What you think about the legal system is unlikely to have much effect on it unless and until an overwhelming majority agree with you.

So put away the spells and incantations, and take a good hard look at our very complex society and decide how you can make constructive change for the better. While you are at it, please be Covid-safe and reflect deeply upon the prevalence of racism. There's plenty of work to be done and there's no easy exemptions available.

And if you're turning weird, make it splendid and artistic at least.

Roadworks near completion



The rebuilt culvert on Cecil Street

A year after the tragic hit and run death of Tonia Jansen on Cecil Street, Nimbin, substantial works have been undertaken by Lismore Council to construct a pedestrian walkway along the road.

Council's Project Manager said it is all going to be completed very soon, with most work now done.

There is still asphalt sealing to do and fencing across the bridge.

He said they are looking at the end of August to see it all fully complete and everyone off site.

The project was funded under the NSW Government's Safer Roads Program.



NIMBIN

ENVIRONMENT
CENTRE

NEWS

by Scott Sledge, president

Narrabri Gas Project

During seven days in July, the NSW Independent Planning Commission (IPC) listened to more than 400 persons some representing various organisations, either in favour of the Santos proposed gas project (and associated pipelines) but mostly opposed.

The NSW Department of Planning, Industry and Environment "assessment" recommended approval on the basis of "minimal damage likely" to the environment and mega money to be made, which would of course be shared with the community north and west of Sydney. The pipelines could be connected to SE Queensland and gasfields established all along the way.

I addressed the Hearing on behalf of the NEC as president, telling the four men representing the IPC: "When I saw the Gasfield projects in SE Qld it looked like a war zone. And in fact it is: a war by greedy white men against Nature. The cost in wrecked homes for people and wildlife is enormous and if we continue there will be little left for future generations.

"Who cares? I do. All of us who have children and grandchildren must care: an attack on our environment is an attack on our future. How does that stack up against the trinkets afforded by jobs in this destructive industry? There are more sustainable jobs with renewable energy for the future."

Angela Macdonald-Smith, senior resources writer for the *Australian Financial Review* summarised it well. On 28th July she wrote:

"I think it's fair to say that those experts have given the IPC matters to think about ... Today (27th July) the IPC is meeting Government agencies and experts, seeking answers to issues raised in last week's public hearings."

She wrote about objectors' concerns: "...the only one-on-one meetings the IPC has held are with supporters of the project: Santos, the



Last month some NEC members went to Myrtle Forest. We didn't paint the mark of the Devil on this tree; that was Forestry Corp.

DPIE and Narrabri Shire Council. On the agenda are concerns that knowledge gaps in relation to the groundwater model, geology, hydrogeology and seismic activity create uncertainty about the risks posed, the potential for the contamination of groundwater through the failure of containment of coal seam gas wells, and the management of salt waste from the project."

University of Sydney Professor of Environmental Wellbeing, Melissa Haswell warned of dangers to human health the project could pose through endocrine-disrupting chemicals found in oil and gas wastewater that can affect human reproductive function and child development, even at extremely low concentrations.

Despite Santos' arguments that the extraction of water from coal seams deep below ground will not impact shallower aquifers at the project site in the Pilliga State Forest, the potential for disturbance and contamination of groundwater and other aquifers was highlighted by numerous academics and experts at the hearings. Graziers and farmers are strongly opposed.

Some 37.5 billion litres of water would be extracted from the coal seams over

the 20-plus year life of the project, to allow gas to flow to the surface. This would lower the water table and dry up most bores.

I told the IPC that the Northern Rivers was implacably opposed to Coal Seam Gas (CSG) and objects to any further fossil fuel developments which contribute to climate change. Alan Roberts and many others from our region verified our opposition.

I hope that the IPC will be swamped by objections from the public: we can go to their web site and vote with a sentence or two. More if you wish.

Written submissions to the IPC close on 10th August.

Myrtle State Forest

Local groups continue to frequent the publicly-owned forests which are scheduled for logging, but loggers have been delayed by wet weather. A picnic is planned for Sunday 16th August, and some people plan to camp overnight. Look for signs along Summerland Way, about 25 minutes' drive south of Casino towards Grafton. More info at #StandUp4Forests.

Blue gums at Nimbin housing development

Lismore Council met to discuss proposed tree

removal and variations of consent for the development at Tareeda Way, Nimbin.

There were concerns that split blocks will be undersized and developers should not be rewarded for their bad behaviour, ie damaging trees which were to be retained as required by Consent to their DA.

We are glad that Lismore Council did not agree to the removal of these trees.

Kyogle to form branch of NEC

On Tuesday 21st July, nine people gathered together to form a new group with interest in helping the world's environment.

The Kyogle Environmental Group or KEG had its basis in the Extinction Rebellion and KGAG with future plans to support other local groups interested in conversation and protection of the environment.

The main focus is to educate and inform the local population. The first event will be a stall at the Kyogle Bazaar at the end of August. The next meeting will be held on 11th August, 4pm at the KMI Banquet Room. If you're interested have a look at/contact our FB page under Kyogle Environment Group – KEG or phone Tori Bail on 0467-252-601 / 6633-3127.

Plant ID workshop

Our Secretary Triny Roe reports: The Communities Environment Program NEC Plant ID workshop organised for July 26th was postponed until 9th August due to heavy rain on the day.

This event aims to build community capacity and help landholders learn to recognise local weeds and native seedlings in situ and ways to manage them. Led by experienced bush regenerators John Blatch and Tristan Mules, participants will also have the opportunity for some hands-on practice in recognising various plants in the field.

This project also includes weed management carried out by contractors, and has been funded by the Federal Government.



Tired, sore and stiff? Get moving and book in with Nimbin's new Osteopathic clinic!

Osteopathy is a holistic form of "hands-on" manual therapy which primarily focuses on the muscles, joints and bones to improve their function and overall health.

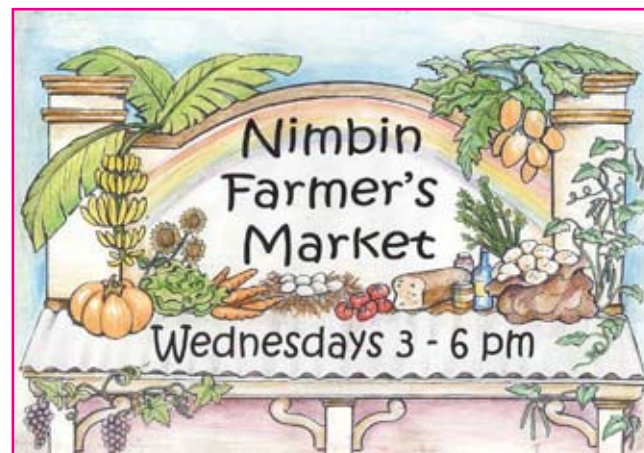
Guided by the osteopathic philosophy which considers the body-mind-spirit as a unit, we aim to empower people to regain control of their health and get back to doing the things they love.

Thrive Health Care Nimbin provides affordable osteopathic care to the whole family. SMS or call 0421 178 269 today to book your next appointment, or visit us online at:

www.thrivehealthcarenimbin.com



Handcrafted, Retro, Recycled, Fair trade, **Locally** made, Pop-up Art Gallery, Workshops, **Music**, Fashion, **Food**, & Family Fun! 8am- 3pm nimbinmarkets@gmail.com



Did you know?

All our links are clickable in the web edition. Visit www.nimbingoodtimes.com and click away!



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In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

Covid 19 – NNIC opening hours

NNIC is open as usual available for face-to-face services, PC and copier access, support services and food relief Monday-Friday, 10am to 4pm.

Centrelink: Monday-Thursdays 10am-2.30pm, Fridays 10am-2pm.

Physical distancing, hygiene and other safety measures will continue to be in place at the Centre. See our website for other Covid-19 updates and community info: www.nnic.org.au

If you need NNIC services and support but you are in compulsory self-isolation, or feeling unwell, or feeling nervous and wanting to maintain social isolation, then you can call us on 6689-1692 and we can arrange a telephone appointment for you, so you do not have to come in personally.

Wanted: Front Desk volunteers

Must have min Cert II in relevant field (e.g. welfare, community development) or be currently undertaking Cert II or higher qualification. Must be reliable and able to do at least one day per week (six-hour shift).

A great way to gain experience in the sector, connect with the Nimbin community and contribute to NNIC and Nimbin. Please send CV to the manager, NNIC at: admin@nnic.org.au (or drop it in). For more info contact Kath at our front desk.

Need help navigating devices?

In these times of working, learning and connecting on-line, we suspect that some people could use a bit of help.

We have people here who are trained to assist you to learn how to use your devices, including everything from how to access the internet, make video calls or set up your device, and e-safety tips.

Ask for an appointment with Ron on Wednesdays or Fridays or just drop in and see if anyone can help.

Got unpaid fines?

You may be eligible for a Work Development Order enabling you to pay off your fines via volunteer work at NNIC. Phone us on 6689-1692 or just drop in to make an appointment with Peter to find out.

NNIC Memberships

Memberships are due for renewal on 1st July 2020. Your memberships are important to us. Great value at \$5.50 per year. Drop in to renew during our opening hours.

Tools and Equipment Library

Because of Covid-19, all existing Tools and Equipment Library memberships will be extended for another year at no extra cost, providing that you all renew your NNIC memberships (see above).

Equipment Library memberships are open to all NNIC members. To join, simply come into NNIC, fill in the membership form and pay \$22 (plus \$5.50 to join NNIC if you haven't already).

You will need photo ID and a separate document no older than three months old showing your current residential address (e.g. rates notice, rent receipt, phone or electricity bill, letter from MO confirming address).

If you would like to join but cannot get in during our opening hours contact Nat at: admin@nnic.org.au to make alternate arrangements.

Mental health and the NDIS

If you have long-term mental health issues and have been wondering if you might be eligible for NDIS, or how the NDIS works and what types of supports might be available, or need help working out how to apply for the NDIS, drop by or call us on 6689-1692 to book an appointment with Peter.

International Overdose Awareness Day

Watch out for the Nimbin CDAT team who will be out and about town on 31st August to promote OD awareness and the take home Naloxone pilot program.

Community Drug Action Team

CDAT is still meeting regularly via Zoom. New members welcome.

We do lots of fun and creative stuff and we need input from people with diverse experiences.

To join, contact Nat at: admin@nnic.org.au and we can invite you to the next meeting.

CDAT animated cartoons

We have produced four animated cartoons to promote drug and alcohol harm reduction.

They were designed to show at events and festivals, but with those things temporarily (we hope) suspended, we are sharing the films in other ways.

Check 'em out on our website: www.nnic.org.au < Our Services < CDAT

CDAT superheroes wanted!

Are you into acting and dressing up in fun costumes? Enjoy going along to events, festivals and gigs or even starring in movies?

Are you around 180cms tall and of slim build, reasonably fit and healthy? Then do we have the ultimate volunteering opportunity for you! We need males and females.

All superheroes have at least one 'wrangler' with them at all times, so it's a great job for two friends to do together if you prefer.

Community Sustainability Survey

The 2019 report is finally available on our website: www.nnic.org.au < About Nimbin < Survey Results

Struggling to make ends meet?

Are you either a) not eligible for Jobseeker or Jobkeeper? or b) you are eligible but you are still left with a reduced income and unable to pay your bills?

We may be able to help with some of your expenses including electricity bill relief, food vouchers, Telstra vouchers, food or other material aid.

All services are confidential... don't struggle through this all alone.

Call us on 6689-1692 or just drop by to make an appointment.

Nimbin Neighbourhood and Information Centre (NNIC) is run by locals for locals and our job is to support people in need and the community in general to achieve their aspirations. If we can't help we probably know who can. You can also find lots of useful local and other information on our website:

www.nnic.org.au

See also: www.facebook.com/pages/Nimbin-Neighbourhood-and-Information-Centre

Nimbin Hospital information

Child immunisation clinic

For 0-5 year olds, held on second Tuesday of the month. Next clinic: 11th August. Phone 6620-7687 (Lismore Community Health Centre)

Early childhood nurse

Every Tuesday. Baby checks, weighs, post-natal support. For appointments phone 6620-7687.

Women's health nurse services

Third Thursday of the month, next is 20th August. Confidential service, checks, advice, general health information. Phone 6689-1400 for appointment.

Wound clinic

Monday, Wednesday and Friday from 8am. For self-referral, phone 6689-1288. Referrals also from Nimbin Hospital and GP clinic.

Drug and alcohol counselling services available

For an appointment, please contact 6620-7600. A trained professional will ask you a few confidential questions and will provide you with an appointment time.

Nurse practitioner clinics

• Diabetes clinics: third Thursday of the month, next is 20th August.

• Respiratory clinic: second Tuesday of the month, next will be on 11th August. Phone 6630-0488 for appointments.

Community Registered Nurses

Monday to Friday, 8am-4.30pm. Assessments, wound care, referrals, advocacy, provision of palliative care in the home, medication support. Phone 6689-1288 – leave a message, will return call swiftly.

Nimbin NSP

Needle and Syringe Program open Monday to Thursday. Arrangements can be made to see a Community Registered Nurse.

Health advice line

Phone 1800-022-222 if you have a health issue. 24-hour, seven days a week free service. A Registered Nurse will assess whether you need to go to an Emergency Department.

Nimbin Hospital Auxiliary

The Auxiliary is suspending all fundraising activities until further notice.

Monthly meetings of the Auxiliary have also been cancelled for now.



Headers on the field again

by Liam Terry

The Nimbin Headers are delighted that the government has given the go-ahead for competitive grassroots football to begin. The past few months have been some of the most challenging times not just for football, but across society, and this news I'm sure will be welcomed by the grassroots football community all over Australia.

Now that we are able to look ahead to the new season (albeit a short season), it's crucial that we continue to do all we can to follow safety measures, both as advised by the government and Far North Coast Football.

These guidelines are subject to change, so be sure to regularly check out our Facebook page which will be updated the minute we get any new information.

We advise all Headers players, coaches, match officials, game officials, volunteers, parents/carers to please take the time to read the FFA guideline policy for Covid-19.

Everyone involved should self-assess for Covid-19 symptoms before every training session or match. If you are symptomatic or living in a household with possible or actual Covid-19 infection, you must not participate or attend any training sessions or matches.

7th division game

On 2nd August, after a 15-minute delayed kick-off, as Eureka had only eight players at 1pm, the new Headers men's 7th division team, with a lot of young players, took the field on their home ground.

The first goal was scored by Ruben King in the first ten minutes, off a pass from Gary Whisker, who scored the second goal in the



Tarmatee White, Francis Terry and Gem Tallow at the Headers' home-away-from-home clash at Dunoon against Goonellabah

second half before Eureka got their well-deserved goal, final score 2:1.

It was a great game, and we're looking forward to see this team growing strong together.

Equality, diversity and inclusion

The Nimbin Headers aim to ensure everyone who is involved has a great experience, regardless of gender, sexuality, ethnicity, ability or disability, faith or age.

We would also like to thank all players and volunteers for your patience and also for playing a vital part in helping our great game to get going again. Let's hope we have an enjoyable season and carry on from our success of last year.

Up the mighty Headers!



Tyagarah Station mural by Alan Morrison

Still time to save the railway

The legislation to remove the protection of the Casino to Murwillumbah railway line was to be tabled in the Lower House of the NSW Parliament during the last week in July.

But, on Monday, July 28, Northern Rivers Railway Action Group (NRRAG) received an email from the office of Lismore MP Janelle Saffin stating that the bill won't be introduced in the current sitting of Parliament. It has been postponed until at least September.

NRRAG chair Beth Shelley said, "This is a great relief, as it gives us more time to lobby the members of the NSW Upper House and gain support to block this legislation. NRRAG has over eight and a half thousand signatures on a petition to save the railway tracks and reinstate rail services to our region."

The recently released *Multi-Use Byron Shire Rail Corridor* report strongly recommends the re-activation of the Casino to Murwillumbah railway line.

The report, conducted by Arcadis Australia Pacific, estimated a cost of \$67 million to develop very light rail, as well as a cycling/

walking track throughout the Byron Shire.

The report also found that every \$1 invested in rail services beside a bike path would result in \$1.50 return, while just having a bike path would provide less than \$1 return for every \$1 invested.

Recently, a mural by Alan Morrison of a railway station was unveiled at Tyagarah. At the unveiling, NRRAG proposed having a 'park and ride' established there to cut down on traffic into Byron.

Byron Shire Mayor Simon Richardson attended the event. The 'park and ride' concept, he said, would allow Byron Shire's two million visitors "to get out of their cars and pay enough money to subsidise the service for locals and for them to go and see our wonderful shire in a way they will truly remember".

Women and children escaping domestic violence, the young and the elderly, job seekers, the disabled and Indigenous people are directly discriminated against when adequate public rail transport is unavailable.

If anyone sees anything happening on the railway line, or if people wish to offer support, phone NRRAG on 0439-743-240.

Birthday girl

by Linnet Pike

The Nimbin CWA Branch had a delightful day in their rooms last month for the celebration of Faye Scherfe's 91st birthday.

Faye has been a staunch supporter of our branch since it re-formed, and has been an activist for women's rights and social justice throughout her life.

She has been involved with and supported most community organisations in



Nimbin for decades.

Faye is an extraordinary exemplar of the true Christian traditions of

compassion, courage and care. We are so very grateful to have Faye as the Big Sister of our Branch.



NIMBIN'S SUSTAINABLE LIVING HUB
7 Sibley Street

August Workshops Program
\$10 unless otherwise noted
Bookings: text 0475-135-764
or email: sibley@nnic.org.au

- Mondays** (starts 10.30am)
- **10th August: Waterways.** Make a simple Archimedes spiral hand pump.
 - **17th August: Felted fabric.** (\$50 for two days incl materials.) Day 1: Design, layout, pre-felting.
 - **24th August: Felted fabric.** Day 2: Finishing techniques.
- Tuesdays** (starts 10.30am)
- **11th August: Knitting with Sue.** Learn crochet, knitting and knitting machines.
- Wednesdays**
- **Community tools library** 10.30am-2pm.
 - **Nimbin Harvest Exchange.** Bring your excess produce to swap/share or sell.
 - **Garment Mending** with Atelier Smith, 2-4pm.

- Thursdays**
- **Community Gardens** Weeding, feeding and mulching – light work.
 - **13th August: Introduction to bamboo building.** Make an interlocking roof for a wishing well.
- Saturdays**
- **Community tools library** 10.30am-12pm.
 - **8th August: Nimbin seed exchange** (1st Sat each month). Swap and share saved seeds and cuttings.
 - **15th August: Intro to tractors and implements.** Barkers Vale, \$15, bookings essential. Safety, driving, maintenance.
 - **22nd August: Making and building with weed blocks.** \$25, bookings essential.



GREY GUM LODGE
NIMBIN
+61 2 6689 1713



ATTENTION all opioid users, friends and family of users:

LIFE-SAVING NALOXONE NOW AVAILABLE IN NIMBIN

Every day 3 Australians die from accidental opioid overdose.

Prescription opioids are now responsible for more deaths and hospitalisations in Australia than illegal opioids such as heroin.

Many of these deaths could be prevented by the use of Naloxone.

Naloxone is available as an intra-muscular injection OR as a nasal spray called Nyxoid.

It works by temporarily blocking or reversing the effects of opioids and should be in the first aid kits of all users and first responders.

Available for free at:
Nimbin Needle and Syringe Program (NSP) next to the hospital
(and coming soon to the Neighbourhood Centre)

No Prescription required

Brought to you by Nimbin Community Drug Action Team (Nimbin CDAT)
c/- NNIC P.O. Box 20168, Nimbin NSW 2480. www.nnic.org.au